Evening World Daily Magazine

Evening World's Figure Improvement Contest

Diet and Exercise Lessons in New Courses for Stout Women Who Wish to Reduce and Thin Women Who Desire to Develop Their Figures.

> Conducted by Pauline Furlong. Copyright, 1916, by The Press Publishing Co. (The New York Evening World)

REDUCING EXERCISE-NO. VI.



A class of six stout women

who wish to reduce their weight

end one of six thin women who

desire to gain weight, for eight

weeks are competing for two

prizes of \$50 each, to be awarded

the woman in each class who

accomplishes the greatest im-

provement in her figure. They

will follow the courses of diet

and exercise lessons prepared

by Miss Furlong and published

daily for the benefit of all EVE.

value of them in the same length of

Learn to relax, and consider it an

only in a loose nightgown, which all

lows all movements without any re-striction whatever.

If the room is chilly, warm soft

buth slippers may be worn and a gen-ile current of moving air should be stirring through the room in which

the exercises are practised. Have the

NING WORLD readers.

Reducing Course Lesson VI.

rolling exercise, which shown to-day, is one of the easiest and at the same time one of the most effective movements in the en-

> tire series for reducing the hips. Rolling gives to the hips a powerful massage which could not be obtained in any

THE FURLIME other manner and. if practised with caution, it will bring wonderful results. Some women complain that rolling causes dizziness and when this condition arises you important part of the exercise, beare either overdoing the rolling ex-ercise or taking it too soon after eat-spoils all of the otherwise good ef-fects of the exercises. ing meals. Practice rolling at least twenty-five times each day and of-tener when you have become more freedom to all parts of the body dur-

TO-DAY'S EXERCISE.

IE flat on your back, as shown, knees rigid and heels together.

Keep the closed fists on the body during the practice of the exercises must be assured, if best results are to be attained. Tight clothing, collars, belts, corsets and shoes must be discarded, and, when convenient, the body should be entirely nude or claded and the convenient of the body should be entirely nude or claded. chest at the armpits, to protect the breast. Start to roll from one side of the room to the other, or about twenty-five rolls each way. Go over and over in one direction first and then turn and go backward. Keep the knees straight while rolling. Rolling on the lawn has the added and the bottom to allow the foul air advantage of being practiced in the to escape and the fresh air to come open air.

SUGGESTED MENU. when exercising, and while you should not stand in a draught, fresh, stirring air is essential to the lungs dur-

lemon half hour before break-

Luncheon or breakfast: Orange juice, poached eggs, gluten bread, black coffee.

Dinner: Cold roast chicken, gluten ngodles with tomato sauce, string beans, stewed peaches, sweetened with a sugar substitute.

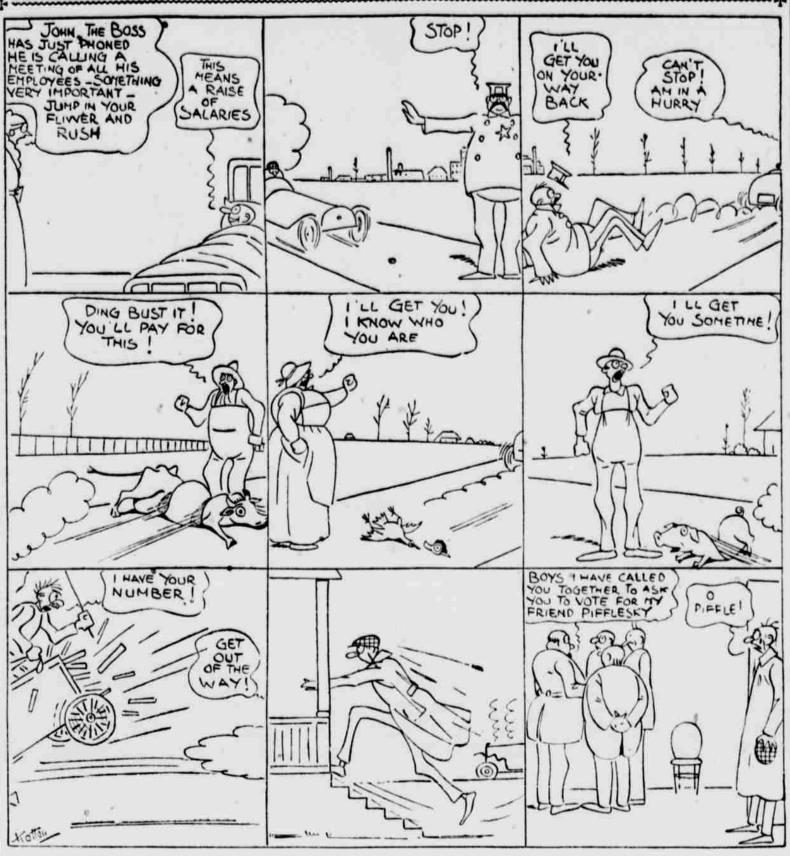
HEALTH AND REDUCTION AIDS

N answer to many letters from thin

effects of the exercise will be lost.

To relax, let go of yourself completely, as it were; allow all parts of the body to drop away in an indifferent, shiftless attitude. Assume this position after each group of extending position after each group of ercises for several seconds and you for the case,
will have unconsciously doubled the "Suppose we have another, sh?"

The Day of Rest By Maurice Ketten



Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert. By Mildred Lodewick

Description. A s the winter season advances we will see the popular topcoat of the no-fit type gradually concede to the dresder coat, suggestive of the suit. In these coats there is a noticeable variety, although there is an obvious reason for their agree ment on the matter of length When a frock of lightweight fabric is worn, as it often will be this winter, the coat

should cover most of it in order to provide sufficient warmth. More often the coat reaches to the bottom of the hem or within one or two inches of it. The beltline may be either slightly empire. normal or elon-

the latter will prevail. As for sleeves, they present innumerable varicties. The close-

gated, and it is

my opinion that

a band of fur or narrow cuff at the the coat, unless one is desirous of a wrist is just as stylish as the bellshaped or flaring cuff model, like that shown in the sketch. The taste for broad collars has strained the ingenuity of every designer so that some delightful effects have been achieved.

permissible, though the darker shades will be chosen by those who conside

Piain wool velour material is per



SEASON'S BEST STYLES.

The color chosen depends upon one's fancy, rose, deep yellow, &c., being

distinctly afternoon wrap.

In any sort of coat I would advise that a good quality of lining be used, for it determines the amount of wear the coat will give. When the lining becomes worn one is apt to feel that the coat is worn out. There are guaranteed linings which come in all of the approved colors and are well worth the extra few cents per yard.

Letters From Readers.

able for all styles of coats and has better wearing qualities than some of the gloveskin twills. Velvet is better for dresses to be wern under What color would you advise for a dress? Am sixteen years old.

Dark brown, dark Burgundy red. or dark blue would become you.

I would appreciate a style from you for a black satin dress on which I could bead embroidery. Am thirty years of age, 5 feet 3 inches tall. MISS D R.

Sleeves and yoks of black chiffon, collar and cuffs of gold lace. Gold among the colored ones in printed de-

I have a dark red suit trimmed with brown fur. What would you

What shall I use with white sailu White tuils would make it a youth-

My daughter, eleven years old, would like a school dress of black and white check and I would appreciate your ad-

vice as to a pretty style. She is dark complexioned and has dark halr and eyes. Black braid binding and white guimpe of

light weight flannes or serge. Red bow at

HANDICAPPED

Alone in the Big West, a Tenderfoot Finds Himself and Makes Good

BEST NOVELS OF THE DAY Published Complete on This Page Every Two Weeks.

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A Modern Mystery Story With a Real Plot

By Jackson Gregory

ideas about a man going to work. He shaves himself five times out of six, wastes, again flying by in a gray violently red.

and I've seen him black his own boots!"

The train had slackened speed.

"That's the dame now!" wheezed out the open window.

"Another one of those toy villages."

"Another one of those toy villages."

"Another one of those toy villages."

She was passing down the narrow again as he hastened to throw up called a soft "Adios, compadre," to

the world!" fumed Hapgood, drawing his eyes
away from the speeding
train. "And just because
a country gir!"—

He broke off in diagust.

But Conniston didn't even hear him, it is eyes were husy with the girl. She had stepped to the ground from the train, and, without casting a glance behind her, walked swiftly across the wriggling thing which stood for a street in Indian Creek.

There was a saloon there with a "Maybe it's funny," he muttered.

"Maybe it's funny," he muttered.

"But if it is I don't see it."

It was already late afternoon.

That day Roger Hapgood got no further than the barroom at the front of the house. There he sat in one of the rickety chairs, brooding, sullen, and silent, smoking cigarettes and drinking highbails and cursing the whole West. There Conniston left train, and, without casting a glance helm to stroll along through the village. At the store he bought some tobacco for his pipe and engaged the storekeeper in conversation.

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